

2018 Nor Cal Training Camp

NCTC at Woodward West, Tehachapi CA

Sponsored by the Nor Cal Coaches Association

Date: September 14-16, 2018

Registration Deadline: August 1st

Please register athletes and coaches on the USAG Reservation System.

Athletes criteria - Levels 9 & 10's & Level 8's with flipping vaults and working Level 9 skills.

Limit: 130 gymnasts

***NCTC is open to all participants

Clinicians:

Frank Kudlac - Owner of Achievers, TX

Mike Lynch - 2 time Olympic Coach

John LaValle – U.C. Davis Head Coach

Randy Solorio - Sac State Head Coach

Wayne Wright - Head coach San Jose State

Paul Rawlings -Owner SWAG, Vancouver, Washington

Raleigh Carter - Owner of Thrive Gymnastics

Mary Wright - New Zealand Team Coach

Brian Amato - Oregon State

Shannon Welker - University of Missouri Head Coach

Coaches and are subject to change...

Cost: \$360 per gymnast
Non Nor Cal Member \$400

Includes:

2 nights in a camp cabins

6 meals

Gym time

Training leotard and t-shirt

Local Accomodations:

One mile from training site & cabins:

The Lodge at Woodward West

18100 Lucaya Way #1, Tehachapi, CA 93561

Phone:(661) 822-5581

Open 10:00 a.m. to 2:00 p.m

20 minutes from training site in town:

Fairfield Inn

422 W Tehachapi Blvd, Tehachapi, CA 93561

Phone:(661) 822-4800

Holiday Inn Express

901 Capital Hills Pkwy, Tehachapi, CA 93561

Phone:(661) 822-9837

Tentative Training Schedule

Friday

Check in 2:00-3:45

Training 4:00-7:30

Dinner 7:30-8:15

Movie 9:00-11:00

Saturday

8:00-8:45 breakfast

9:00-12:30 training

12:30-1:15 lunch

1:30 4:30 training

4:30-5:00 free time

5:00-5:45 dinner

6:00-8:00 open training

8:00-10:00 Gymnast Party

Sunday

8:00-8:45 breakfast

9:00-12:00 training

12:00-12:45 lunch

1:00-3:45 training

3:45-4:30 check out of rooms

Mail Registration & Check to:

Donna Scheu - CCGI

9514 West Pershing Ave

Visalia, CA 93291

(559)967-6228

iloveccgi1989@gmail.com

Make checks payable to the Nor Cal Coaches Ass.

Coaches information:

No cost for coaches of clubs that are members of the Nor Cal Coaches association to attend but you must include them on your registration form.

This will be a USAG Sanctioned camp Nor Cal judges may attend for free. This will be sanctioned for CPE credits.

Coaches & Judges may buy meal package from Woodward to eat at the cafeteria with the kids or at the lodge. Cafeteria Meal package is \$110 for 6 Meals.

Shared Lodge Room and 6 Meals at the Lodge \$230 per person.

We need Cabin Chaperones – Chaperones eat and sleep for free. List Chaperones on the team registration form.